



Melanoma/Skin Cancer Awareness

Prevention: What You Can Do*



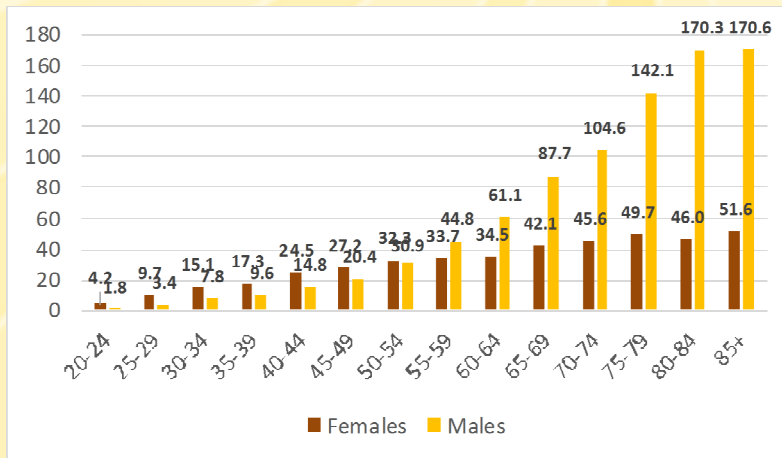
- * Use “broad spectrum” sunscreen with a sun protection factor (SPF) of 15 or greater. This type of sunscreen protects against both UVA and UVB rays.
- * Cover up with a wide-brimmed hat, sunglasses, long-sleeves, and long pants or skirts.
- * Stay out of the sun between 10 a.m. and 3 p.m., when the sun’s UV rays are the strongest.
- * Avoid tanning booths and sunlamps.



The graph shows that skin cancer rates increase with age and depend greatly on gender.

Knowing the signs and avoiding sun exposure is important throughout your entire life.

It can help avoid skin cancer.



Incidence of Melanoma Skin Cancer by Age Group and Sex*—Indiana, 2013–2017 Note: Excludes *in situ* *Age-specific rates Source: Indiana State Cancer Registry.

Know your A,B,C's: Know the Signs of Melanoma*

Asymmetry

One half does not match the other half.

Border

Borders are ragged, notched or blurred

Color

The color is not the same and varies from brown, tan, black.

Diameter

The diameter or size of the mole is bigger than a pencil eraser.

Evolution

When an existing mole changes shape, size or color.

*Index. U.S. Preventive Services Task Force. February 2020.